



ISSUE 3

Ramadaan 1439 | May 2018

ISLAMIC FOCUS

LIFE LESSONS IN
**SURAH
YUSUF**

INSIGHT
INTO FIQH:
ZAKAAH



IN THE SPOTLIGHT

APA ZUBEDA RANDEREE





FROM THE EDITOR

AHLAN WASAHLAN

The noble Quran is a book that has the plan for life. In an attempt to bring about appreciation of the invaluable advices contained in it, we bring you some life lessons from Surah Yusuf. Indispensable character traits like forgiveness, discretion, prioritizing and battling the temptations of sin are outlined in our Quran feature.

One of the most fruitful and fulfilling aspects of being an editor of the Islamic Focus magazine is to conduct the interviews about people who have inspired us through their lives. I can only sit and marvel at how people dedicated their lives to uplifting others, and be amazed at their lifelong passion for Islam. We've received great feedback on our biography features of Newcastle citizens who've left behind an indelible footprint. In this issue we look at a lady

who made an impact on the local community for over three decades, Apa Zubeda Randeree.

We also take a look at the history of a venerable local institution, the Newcastle Muslim Community whose activities are felt in the lives of many if not all of the Muslim community in the city.

With Ramadaan upon us, read our feature on fasting and its positive impact on our health.

I'm always on the lookout for stories that inspire and lives that are an inspiration. Have you got something to say that will resonate with others? Drop me a line, and we could publish your article: info@islamicfocus.co.za

Muhammad Badsha
(Moulana)



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Ramadaan & Eid Mubarak

Where Guests Become Family
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NEWCASTLE MUSLIM COMMUNITY (NMC)

NMC as an organization commenced from the time of the building of the Jaame Musjid in 1903. It is structured into different departments:

- 1. Welfare:** Winter warm, Eid hampers, Iftaar feeding at prisons and the Jaame Musjid.
- 2. Edcon:** Education (secular and Islamic)
- 3. Burial:** Maintenance of the graveyard, Ghushl (washing) of the deceased, transportation
- 4. Dawah:** Dawah Centre, Maktabas in the locations
- 5. Youth:** Youth programs throughout the year
- 6. Finance:** Maintenance of Musjid, properties, etc

Newcastle Jaame Musjid is one of the oldest in the province of KwaZulu Natal, built around 1903 on land donated by the pioneering Seedat family.

The first building was a wood and iron structure built around 1886. As the Muslim population of the town increased it became necessary to increase the capacity of the Musjid. Hence in 1902 the wood and iron structure was replaced by a brick structure to accommodate 130 people. This was carried out by the Seedat, Dawjee and Vawda

families. The construction was done by Chacha Jamalooden of Ladysmith.

In 1929 a double story structure was built with 5 shops on the ground floor, and a community hall and library on the first floor. The hall has been used for weddings, Madressa classes and meetings until the 1980s.

Further extensions became necessary by 1940. A fish pond, among other changes, was built at the entrance. In the 1950s a two bedroom Musafir Khana (travelers quarters) was built in the Musjid yard.

In 1972 more extensions took place with the Wudhu Khana (ablution block) being moved further back.

Final extensions were made in 1984 with the entrance moved to Murchison Street. The Musjid can now accommodate approximately 1000 Musallis with excellent ablution facilities. However in the final extensions care was taken to retain the glorious architecture of the original structure of 1903.

The current constitution was signed in 1979. In the last 12 months a decision was taken to formalise the affairs

of the NMC into a non profit company in terms of the new Companies Act. The provisions of the old constitution were used as a base to draft the company's new memorandum of incorporation with amendments made to remain compliant with amendments to laws and changes in the environment. The new formal body will effectively takeover the operations of the previously constiuted body.

The minute books of the AGM's going back to the 1960s are still available. The NMC Madrasah Complex and Masjid Siddique was constructed in 1989. The Maktab commenced from the arrival of the first Muslims in Newcastle. The first Madrasah building is next to the Jaame Musjid. Once the space ran out, busses were used to transport some students to the Darul Uloom and others to SE Vawda School. Thereafter a decision was taken to construct the NMC Madrasah Complex. In 1994 the Islamic school commenced under the name Islamic College Newcastle.

Dawah: IDCN

Currently service 4 Musallahs and 10 Madrasah classes in the under privileged areas, a Dawah office in the CBD and 3 prisons.

Welfare

Food hampers

1. Assist 145 homes monthly
2. Ramadaan meals for prisons
3. Various families also benefit from Ramadaan and Eid hampers

Blanket Distribution

Last year 950 blankets were distributed in various areas.

Qurbani

Last year a total of 875 meat parcels were distributed.

Edcon

Madrasah Islamiyyah

1. Growing from strength to strength
2. Current student roll is 207
3. Madrasah is supervised by Jamiat KZN Taleemi Board
4. Transportation is provided to 63 students
5. Lunch is provided to 84 students
6. There is also a Hifz class

Madrasah Riyadus Saaliheen (Girls Madrasah)

1. Last year witnessed the second batch of girls qualifying
2. Current roll is 22 students

Islamic College Newcastle

1. Current roll is 329 students
2. Last year's grade 12 fared exceptionally well with 100% pass rate

The NMC is quite a large and diverse organization administering

two shopping complexes, three Musjids, Maktab and various residential properties.

The administration covers among other duties:

1. Attending to Imamat and Khutba arrangements
2. Running the Maktab
3. Paying salaries and employee issues
4. Letting of shops and rent collection
5. Repairs and maintenance of buildings
6. Collection of funds from business houses and the public
7. Assistance to the needy
8. Attending to Ghusl and burials
9. Propagating Islam

The Newcastle Muslim Youth Association (NMYA) is a sub-committee and has been rendering sterling service to the youth of the community. They have organised a camping weekend for the youth to the dam for the last few years with various Ulama giving talks. They also organize a father/son day and their sunset walk has been an overwhelming success.

The new graveyard is now being utilized from this year. The oldest grave at the old graveyard is from the year 1920. There are 1080 graves in old graveyard and 12 graves in new graveyard.

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 Reference: Winter Warmth

Contact Information

Ahamed Sadek Osman
 (Administrator)
 Cell: 083 358 2036
 Office: 034 315 4110

Account Name	Account / Ref	Bank	Account Number
NMCC (Newcastle Muslim Community Centre)	Section 18	Nedbank	1065 830 459
NMCC Zakaat	Section 18	Nedbank	1076 954 707
Newcastle Muslim Community	Ordinary account	Nedbank	133 717 458 [Lillah]
Newcastle Muslim Community	Ordinary account	Nedbank	133 717 4580 [Zakaat]
IDCN (Islamic Dawah Centre Newcastle)	Section 18	Nedbank	108 037 8006 [Lillah]
IDCN (Islamic Dawah Centre Newcastle)	Section 18	Nedbank	108 038 3247 [Zakaat]
Islamic College Newcastle	Ordinary account	Nedbank	133 722 7781 [Lillah]
Islamic College Newcastle	Ordinary account	Nedbank	133 722 7765 [Zakaat]
Newcastle Muslim Youth Association	Ordinary account	FNB	627 4435 4614
Newcastle Muslim Community	Winter Warmth	Nedbank	133 717 458 [Lillah]



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Consideration for Others

One of the salient teachings of Islam is consideration for others:

CHILD CRYING The Prophet sallallahu alaihi wa sallam said, 'I stand in prayer and would like to make it long but I hear the crying of a child and shorten my prayer not wanting to make things difficult for its mother.' (Bukhari)

WEAPONS 'Whoever enters our Masjid or passes through our market with arrows, he should hold them by their heads lest it should injure any Muslim.' (Bukhari)

PRAYER The Prophet sallallahu alaihi wa sallam said, 'When one of you leads the Salaah he should not prolong it because the congregation includes those who are feeble, ill or old.' One version adds: 'those who have to attend to work'. While offering prayers alone, you may pray as long as you like.' (Bukhari)

VISITOR The Prophet sallallahu alaihi wa sallam would not turn away from his visitor in order to attend to anything until his visitor has turned away to leave. When he met anyone and shook hands with him, the Prophet sallallahu alaihi wa sallam would not be the first to withdraw his hand. He would wait until the other person withdrew his hand.

TALKS Ibn Masood radhiyallahu anhu narrates that the Prophet sallallahu alaihi wa sallam used to take care of us in preaching by selecting a suitable time, so that we might not get bored. (Bukhari 1:68)

ISLAM ENJOINS LOVE AND CONSIDERATION FOR THE POOR:

LOVE The Prophet sallallahu alaihi wa sallam said to his wife, 'O Aisha, love the poor and let them come to you and Allah will draw you near to Himself.' (Bukhari)

FRUITS OF PARADISE Abu Saeed Al-Khudri radhiyallahu anhu narrates that the Prophet sallallahu alaihi wa sallam said: 'If a Muslim clothes a Muslim when he is naked, Allah will clothe him with green garments of Paradise; if a Muslim feeds a Muslim when he is hungry, Allah will feed him with fruits of Paradise; and if any Muslim gives a Muslim drink when he is thirsty, Allah will give him pure wine which is sealed to drink.' (Abu Dawud)

HUNGER Ibn Abbas radhiyallahu anhum said that he heard the Prophet sallallahu alaihi wa sallam say: 'The believer is not the one who eats when his neighbour beside him is hungry.'

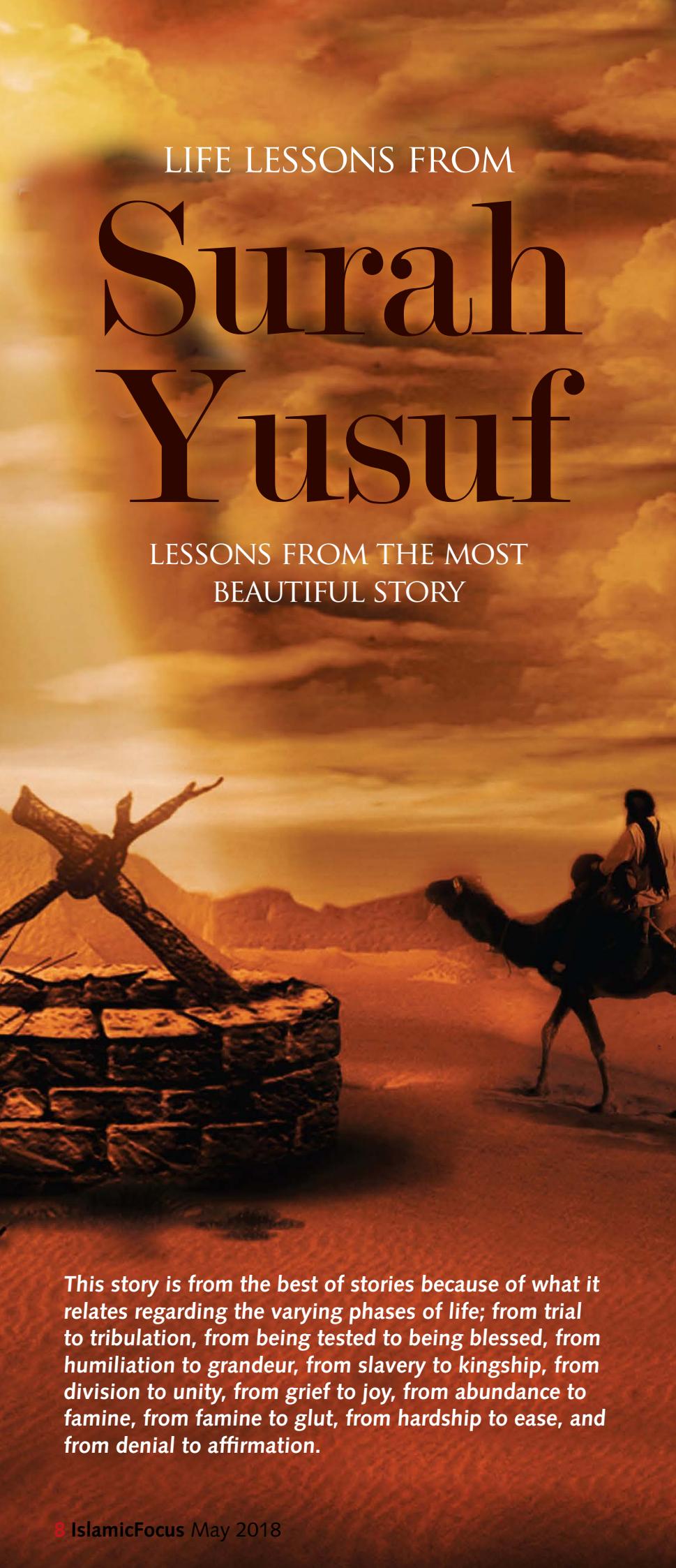
HELP Abu Huraira radhiyallahu anhu narrates that the Prophet sallallahu alaihi wa sallam said: 'Whoever relieves a believer's distress of the distressful aspects of this world, Allah will relieve him from a difficulty of the difficulties of the Hereafter...'. (Muslim)

Marriage is also an arena for displaying consideration for your spouse. Here are valuable tips from the life of the Prophet sallallahu alaihi wa sallam on how husbands should treat their wives:

CONSIDERATION Be considerate of your wife's feelings. The Prophet sallallahu alaihi wa sallam delayed an entire army to search for a bracelet that his wife Aisha radhiyallahu anha lost."

COMFORT The Prophet sallallahu alaihi wa sallam wiped away the tears of his wife Safiyyah radhiyallahu anha with his own hands.

CHIVALRY The Prophet sallallahu alaihi wa sallam would kneel besides his camel to let Safiyyah radhiyallahu anha put her foot on his knees and climb onto the camel. He came out of the Masjid to see his wife Safiyyah radhiyallahu anha home. He didn't say: Go back home, but walked with her.

A desert landscape at sunset with a stone well and a camel caravan. The sky is filled with warm, golden light, and the ground is a mix of sand and rocky terrain. In the foreground, a stone well with a wooden structure on top is visible. In the background, a camel caravan is moving across the desert, with a person riding a camel.

LIFE LESSONS FROM Surah Yusuf

LESSONS FROM THE MOST
BEAUTIFUL STORY

This story is from the best of stories because of what it relates regarding the varying phases of life; from trial to tribulation, from being tested to being blessed, from humiliation to grandeur, from slavery to kingship, from division to unity, from grief to joy, from abundance to famine, from famine to glut, from hardship to ease, and from denial to affirmation.

1 DISCRETION

When Yusuf alaihis salaam saw a dream of his brothers being subservient to him, he related it to his father Yaqub alaihis salaam who told him not to relate it to his brothers, as they would plot against him. "Seek help in fulfilling your needs (and ambitions) by being discrete (and telling as few people as possible); for every person who has a blessing, there are others who harbour jealousy against him (and would love for him to fail). (Majmaul Zawaid)

2 FORGIVENESS

When Yusuf alaihis salaam's brothers came to him after all they had done to ruin him, and he now had the authority to seek revenge, he displayed good character by pardoning them unconditionally. The man who had been in jail with him, forgot to remind the king about Yusuf alaihis salaam languishing in jail. When the man came some years later to ask Yusuf alaihis salaam for help, he did not reproach him.

3 GOOD CHARACTER

Yusuf alaihis salaam was recognised as a good man while he was an imprisoned slave, from the lower levels of society. And he was recognised as the same when he was in the government. Our status in society or life circumstances should not allow us to lose good character.

4 BLESSING FOR OTHERS

The blessing that Allah bestows upon a person is not simply restricted to that particular individual, rather it is a blessing that encompasses him, his family and his friends. And whatever good is obtained is because of that person. Allah Ta'ala recounts the blessing upon Yusuf alaihis salaam as well as his illustrious predecessors, "Thus will your Lord choose you and teach you the interpretation of dreams (and other things) and perfect His Favour on you and on the offspring of Yaqub, as He perfected it on your fathers, Ibrahim and Ishaq before." A good household produces good offspring.

5 SIN LEADS TO SIN

One needs to be cautious of the evil results of sins, because one sin often leads to many others. The brothers of Yusuf alaihis salaam tried varying plots when they wanted to separate him from his father; they lied many times, they falsified the blood on the shirt, they came at night pretending to cry, and all of this is as a result of one sin, one thing leading to a next.

6 WHAT MATTERS

What really counts in the life of a person is a successful ending and not the deficient beginning. For the children of Yaqub alaihis salaam did what they did in the beginning which was a very reprehensible act. They eventually ended in sincere repentance, complete forgiveness from Yusuf alaihis salaam and their father, and dua was made for them to be forgiven.

7 SEDUCTION

One has to exercise extreme caution to avoid being secluded with members of the opposite gender. Always be on the guard against love for someone that may be harmful. The wife of the king did what she did because of her infatuation with Yusuf alaihis salaam that lead her to try to seduce him, tell lies about him and cause him to be imprisoned for a long time.

8 FLEE SIN

When faith enters the heart and one does things to please Allah Ta'ala, Allah will defend one from all types of evil. "Thus it was, that We might turn away from him evil and illegal sexual intercourse. Surely, he was one of Our sincere slaves."

Whenever the servant sees a situation that might be one of

fitnah or cause of sin, he should flee as far as possible from it to save himself from sin. Yusuf alaihis salaam did not let the seeming impossibility of a locked room stop him from fleeing the seduction of the king's wife.

9 PRIORITIZING

When Yusuf alaihis salaam was asked by the two young men with him in prison to interpret their dreams, there were other matters of importance that they were in greater need of knowing before their questions were to be answered. This is a sign of a teacher possessing great intelligence, and the ability to correctly guide and teach, for when Yusuf alaihis salaam was asked by the two young men about their dreams, he first called them to Allah Ta'ala before interpreting their dreams.

10 ASKING FOR HELP

It is not considered depending on others (instead of Allah), if one happens to get into a difficult situation and one seeks the assistance of someone whom he thinks can alleviate his situation. Hence, Yusuf alaihis salaam said to the one whom he knew would be saved, "Mention me to your lord (i.e. your king, so as to get me out of the prison)."

11 DEFENDING YOUR HONOUR

There is no blame on a person for defending himself against a false accusation. Rather this is something praiseworthy. Yusuf alaihis salaam refused to leave the prison until his innocence was proven.

12 ESTABLISHING YOUR CREDENTIALS

As long as a person is not pretentious or dishonest, he can inform others about his good qualities, if he knows that he

is qualified or suited for a job. Yusuf alaihis salaam said, "Set me over the storehouses of the land; I will indeed guard them with full knowledge." Likewise, leadership is not something that is blameworthy if the one who is in charge fulfils the rights of Allah and the rights of His servants to the best of his ability.

13 ENTERTAINING GUESTS

It is from the sunnah of the Prophets to host guests and treat them honourably. Yusuf alaihis salaam was no exception, and he said, "Do you not see that I give full measure, and that I am the best of the hosts?"

14 REASONABLE DOUBT

Having negative thoughts about someone is not something that is always prohibited if there are accompanying evidences to support this suspicion. Yaqub alaihis salaam said to his sons after they came to him claiming that a wolf ate Yusuf alaihis salaam, "Nay, but your own selves have made up a tale." And he said regarding their next brother, "Can I entrust him to you except as I entrusted his brother (Yusuf) to you before?"

15 SUBLIMINAL SUGGESTIONS

Watch what you say and to who you say it. You may be giving the other person ammunition to use against you. You might even be giving him ideas. Yaqub alaihis salaam was the one who gave his sons the excuse they needed to cover up their abduction of Yusuf alaihis salaam. He said, "I am worried that wolf will eat him." His sons used that very tactic. When they came back in the evening, they said, "A wolf ate your son."



Defeating Depression

Depression as a disease is on the increase. Islam provides guidelines on dealing with this invisible, debilitating monster and defeating it. Islam acknowledges the existence of mental anguish and provides a framework for dealing with it.

The Role of Religion

The Quran says that the person who turns away from the remembrance and obedience of Allah and engages in sin, shall have a very narrow and difficult life (20:123). Depression brings in its wake irritability, weight gain or loss, impaired concentration, tiredness and nothing makes one happy. Of the dozens of studies that have looked at religion and

happiness, the vast majority have found a positive link (The Reader's Digest. [October 2004] 10 Keys to True Happiness). Religion is a very powerful way of coping with adversity. The Holy Quran tells us that when a Muslim does a good act, then this guarantees him/her a beautiful life, free of depression. (16:97) Recite the Quran: The Prophet (sallallahu alaihi wa sallam)

said, "... Qur'an is a remedy for illnesses of the mind." (Bukhari)

Leave out sin and the things that draw you towards it like bad company. The Quran mentions that with the remembrance and obedience of Allah do people's hearts gain contentment (13:28) and thus beat depression. The Hadith tells us that leaving out certain sins will bring enjoyment in worship, while doing certain good deeds like reading Fajr gives one energy and zest. The Quranic formula links pleasing the Creator of the universe with attaining inner tranquility: 'Indeed, with the remembrance of Allah do hearts find rest.' (13:28)

Lifestyle

The search for tranquillity also entails a lifestyle change. It means getting to bed early: "Have they not seen how We have appointed the night that they may rest therein..." (Quran 27:86) The Hadith links this with not engaging in futile activities after Esha Salaah. We should use the time to be with our families and rest.

A study shows that youth who go to bed late, wasting the night away in activities like clubbing, dating, etc. are more prone to depression and thus have less tranquillity in their lives than those who sleep early. Columbia University scientists found that depression was 24 percent more common in teens whose parents let them go to bed at midnight or later than in kids whose moms and dads required them to hit the pillow by 10 pm. The night owls were also 20 percent more likely to have suicidal thoughts.

Recharge Station

As the world becomes a more challenging place, there needs to be a base for comfort, for recharging the batteries to help you face the next round. "And Allah has made for you in your houses a place of comfort..." (Quran 16:80) The house is designed as a place where we ought to rest and enjoy peace.

"O Aeysha! When you cook a meal, add marrow to it, for it strengthens a grieving heart."



The Prophet sallallahu alaihi wa sallam advised: "The safety of a man at times of fitnah (turmoil) is in his staying home." A house filled with things pleasing to Allah will relax our minds and hearts.

Positivity

A positive outlook is essential to the battle against the darkness of depression. We are told never to lose hope in the Mercy of Allah. The defeatist attitude of despair is a trait of people who do not acknowledge their Creator. No matter how much you have destroyed your life, there is always a chance to make right and be accepted by Allah Ta'ala. Don't brood over the past. Never say, "Had I done it differently." This opens the door for the Devil and depression. It was set out by Allah for you to act the way you had. (Muslim vol. 4, p. 1401) Be thankful to Allah for what you already have. Quran: "If you are grateful, then I (Allah) will most certainly increase (my favours) for you." (14:7)

Good Food

One needs to supplement the spiritual and mental side of the battle with a correct diet and exercise. In highlighting the place that the correct food has in building mental strength, the Prophet sallallahu alaihi wa sallam said: 'O people! Make a habit of eating marrow (any pumpkin) for it strengthens the mind.' Pumpkin seeds are high in protein and plant based fatty acids, which help regulate cholesterol levels, and improve brain function. The Prophet sallallahu alaihi wa sallam advised Aeysha radihallahu anha: "O Aeysha! When you cook a meal, add marrow to it, for it strengthens a grieving heart." One of the best food sources of both lutein and zeaxanthin is pumpkin. Lutein and zeaxanthin along with DHA working together, can improve

brain health.

It was the practice of Aeysha radihallahu anhs that if a member of her family died, the women would gather together, then they would depart, except her own relatives and close friends. She would order that a pot of talbeenah be cooked, then some thareed would be made and the talbeenah would be poured over it. Then she would say: Eat some of it, for I heard the Prophet sallallahu alaihi wa sallam say: "Talbeenah soothes the heart of the sick person, and it takes away some of the grief." (Bukhari 5101)

Thareed is bread mixed with meat gravy. (Tuhfatul Ahwazi)

Talbeenah is a broth that is made from two spoonfuls of barley flour with bran, then a cup of water is added to that and it is cooked over a low fire for five minutes. Some people add a spoonful of honey to it.

One of the most obvious, yet under-recognised factors in the development of major trends in mental health is the role of nutrition. The body of evidence linking diet and mental health is growing at a rapid pace. As well as its impact on short and long-term mental health, the evidence indicates that food plays an important contributing role in the development, management and prevention of specific mental health problems such as depression, schizophrenia, attention deficit hyperactivity disorder, and Alzheimer's disease. (Mental Health Foundation UK)

Depression and assorted mental health issues are a natural part of life. Islam advocates a holistic approach to dealing with, controlling and curing this sickness.



INSIGHT INTO FIQH

Differences between the Shafi and Hanafi Mathab in Zakaah

Port Elizabeth happens to have a healthy fusion between followers of the Shafi and Hanafi Fiqh. Many a home will have a mix of members following the two schools of thought within Islamic jurisprudence.

In fact, most if not all the Madressas in the city teach both the Fiqhs to accommodate for the students of the two Mathabs who

attend. Many a Masjid shares Imams and Muazzins of both the Mathabs.

In view of this, we bring you a simplified version of the main differences between the Shafi and Hanafi Mathabs with regards to Fasting. This is only intended as a guide and detailed answers should be sought from the respective Ulama.

1 Child

Shafi: The guardian of a child or insane person has to pay Zakaat from the child's property if it reaches an amount that makes Zakaat compulsory.

Hanafi: Zakaat is not obligatory on an insane person nor on a child who has not reached the age of maturity.

2 Nisab

Shafi: The Nisaab for gold is 84.8 grams and for silver 592.9 grams.

Hanafi: The Nisaab for gold is 87.48 grams and for silver 596 grams.

3 Jewellery

Shafi: No Zakaat on gold or silver jewellery that is permissible for use and is kept for use.

Hanafi: Zakaat is payable on gold or silver jewellery.

4 Debts

Shafi: Anyone who has the Nisab must pay Zakaat even though he has debts. Debts do not remove the obligation of Zakaat.

Hanafi: Debts are subtracted from Zakaatable wealth. Zakaat will only be paid on the balance if it reaches Nisab.

5 Husband

Shafi: The wife can give Zakaat to her husband even though he will spend it on her provided he qualifies under one of the categories.

Hanafi: The wife cannot give Zakaat to her husband.

6 Fruit and vegetables

Shafi: There is no Zakaat on the fruit produced by a farmer except for dates and grapes. There is no Zakaat on vegetables.

Hanafi: There is Zakaat on all fruit and vegetables produced by a farmer.

7 Minimum amount for crops

Shafi: The minimum quantity for crops to qualify for Zakaat is 5 wasaqs. A wasaq is a measure of volume. 5 wasaqs equate to 900 litres of volume; this is 1800 litres for rice etc stored in the kernel.

Hanafi: Zakaat is due on any amount of crops produced by a farmer, little or lot.

NOTE

These rules are collected from the mainstream views of the Muftis of the two Mathabs. They are listed to give an appreciation of the differences and to remove any misconceptions.

They can also serve as a handy guide for teachers who need to teach students of a Mathab different from their own, or for Imams whose congregations are different from their own.



Magical Memories

Children who have the ability to recall and make sense of memories from daily life can use them to better develop a sense of identity, form relationships and make sound choices in adolescence and adulthood, according to Sue Shellenbarger, creator and writer of the *The Wall Street Journal's* Work & Family column. "Our personal memories define who we are. They bond us together," says Robyn Fivush, a psychology professor at Emory University in Atlanta.

Have we given some thought to the type of memories we are giving the next generation? Where once we could call up the enticing aroma of freshly baked pies from Ouma's oven, we now have the nondescript smells of countless fast food joints. Are we happy with being remembered as the parents who bought tablets, laptops and TV games? Holidays are being remembered more and

for which shopping malls were visited in foreign countries than for the culture, and natural and architectural wonders of those lands.

Playing a game of cricket with Dad in the back yard brings with it the memory of a memorable shot, the frustration of trying to bowl him out, the broken window as a result of a shot that connected. Can the sanitized digital version boast the same intensity of remembering or the skills that were learnt?

Prophet Muhammad sallallahu alaihi wa sallam counted a child who remembered his deceased parents fondly and sent up a prayer for them as a valuable avenue of continued reward after death. Can we hope to be remembered as special people if we are not leaving behind fond, engraved memories?

When Bilal radhiallahu anhu, the official caller to prayer of Prophet Muhammad sallallahu alaihi wa sallam, returned after some time to Madinah following the demise of the Prophet sallallahu alaihi wa sallam, and once more rendered the call to prayer people started to cry for it reminded them of the early days of Islam. What is remarkable is that those early days were ones of hardship and suffering, yet it was that very sweat and tears which made the memories so precious.

There needs to be a more proactive role in building memories for the next generation or the virtual lives of the movies and digital games might be the only memories our kids can dredge up of their past. History provides a valuable link for continuity of society but it is made in the sandcastles of the beach; not in the virtual world of Minecraft.

Zubeda Randeree

Apa Randeree was a shining star and a beacon of Islam for the Newcastle Muslim Community. Her passion for Quran and Tajweed will always be remembered. She was born Zubeda Ebrahim Vawda in 1942 in Durban. She married Osman Hoosen Randeree of Newcastle in 1963.

Her first teaching job was at a nursery school in Roodepoort where she was employed by the Roodepoort Muslim Jamaat between 1977 and 1979. She had a passion to teach and that's what she loved to do, making it a hallmark of her life.

The family relocated to Newcastle in 1979 and Apa Randeree began teaching at the nursery located at the Newcastle Club. She worked here for the next 12 years of her life.

In 1981 she was employed by the Newcastle Muslim Community. She taught at the SE Vawda school premises for the next 25 years. She demonstrated her skills at Madressa teaching, her sincere

community involvement and her loving nature in this time. Here she was in charge, not just of teaching, but the tuck shop at the school and other administrative tasks such as the collection of fees and organizing the annual Jalsas.

Apa Zubeda Randeree joined the Child Welfare movement as a volunteer in 1980 and remained a committed member until 2006 when poor health forced her to retire from all volunteer work. As an active member she participated in all the community outreach programs as well as the various fundraising events. She held the position of vice chairperson at the time of her retirement.

Her smiling countenance and amiable nature made her much loved and respected member of the organization as well as the community in general.

She is fondly remembered for her valuable contributions to the IMA Clinic in Braemar. Her mentors were Mufti Abdool Kader Hoosen and brother Ebrahim

Gangat. She was an avid listener of Channel Islam International and phoned in practically every day to the station.

Her love for learning saw her attend and get a certificate for a course on the Islamic Law of Succession at the age of 59. The course was run by Darul Ihsan Research and Education Centre. She had completed an Islamic Medical Association Aids Awareness and Training Programme the year before.

She retired at the age of 66 when she took ill and spent her last few years caring for husband and family. She had 6 children, losing her baby daughter Zaheda at 4 months to an illness. She also left behind 16 grandchildren as well as 4 great grandchildren. While at As Salaam she adopted 2 boys from the indigenous community. Both have passed away.

She was always pleased to welcome guests into her home. She left this world at the age of 71 in 2013, leaving behind an indelible legacy.

INSPIRATION: WHEAT AND BARLEY

There once lived a pious man who was enslaved to a wicked master. The righteous slave wanted to teach his master a lesson that he would never forget: a lesson that would make him change his ways. The master told him one day to plant some wheat.

The slave took this opportunity to teach him a lesson. He went and collected some barley seeds and planted them. As the season drew nearer for harvesting, the master was enraged to find that after all this hard work and all this time his slave had planted the wrong seeds.

In his rage and anger, he scolded the slave saying, 'Why did you do this?' The righteous slave said, 'I hoped that the barley would come out as wheat.' The master shouted, 'How can you plant barley and expect wheat to grow.'

The slave said quietly, 'How can you disobey Allah and expect His Mercy? How can you openly challenge His laws and hope for Paradise?' The master was stunned and became silent. He understood what the slave was trying to tell him and said, 'You have taught me something today that I have never realized before. You are free for the sake of Allah.'

While we hope in Allah's Mercy and Forgiveness, let us do those things which will please Him so that we can reap the best benefits when our eyes close, leaving this world behind forever, sinking into our dark graves underground, alone.

Seasonal Fasting



Summer
FASTING



WINTER
FASTING

Ibn Rajab has a section in *ata'if al-Ma'arif* about the virtues of fasting during hot days: '... And from the acts of worship whose reward is multiplied during the heat is fasting ...'

Muadh bin Jabal *radhiallahu anhu* expressed regret on his deathbed that he would no longer experience this mid-day thirst.

Abu Bakr *radhiallahu anhu* would fast in summer and not in winter, and Umar *radhiallahu anhu* advised his son on his deathbed: 'Try to obtain the characteristics of faith,' and the first one he mentioned was fasting in the intense summer heat.

Abu Musa *radhiallahu anhu* would search out the days that were so hot that one would feel he was being cooked, and he would fast those days.

The Prophet *sallallahu alaihi wa sallam* said: "Winter is the spring of a believer for its nights are lengthy so he offers (additional) *Tahajjud Salaah* and its days are short so he is (easily) able to fast." (*Musnad Ahmed 3:15*)

Amir ibn Masud *radhiallahu anhu* reported: The Prophet *sallallahu alaihi wa sallam* said, "Fasting in the winter is the easy reward." (*Tirmidhi 797*)

Abu Huraira *radhiallahu anhu* said, "Shall I tell you about easy rewards?" They said, "O Abu Huraira, what are they?" He replied, "Fasting in winter." (*Hilyat al-Awliya 1356*)

Ibn Masud *radhiallahu anhu* used to say, "Welcome to winter, blessings descend during it; its nights are long and therefore conducive to praying and its days are short conducive to fasting."

Mr & Mrs Rat

A South African man travelled to Pakistan to meet some of his relatives there. Among other things he bought for them chocolates.

On reaching Pakistan, he headed for his hotel and slept. The next morning he discovered that the chocolates had all been nibbled on by the Rats.

And the man thought to himself: Imagine the effort that had gone into the manufacture of the chocolates- the milk obtained from the cows looked after on a dairy farm; from there to the dairy; the cocoa from cocoa plantations; the sugar from fields and the sugar mills. All the ingredients were put

together, the chocolate went to the shop, this particular man bought them, purchased an expensive ticket and transported the chocolates thousands of kilometres away; all to provide a meal for Mr and Mrs Rat!

If so much preparation and planning went into providing food for rats, will not a Muslim who lives in the obedience of Allah Ta'ala, the Provider, get his needs fulfilled by that same Allah?

Source: Moulana Yunus Patel rahimahullah



HEALTH BENEFITS OF

Fasting



"Fasting is a protection from illnesses of the spirit, heart and body; its benefits are countless. It has a wonderful effect in preserving health, melting excesses, restraining one from consuming things which could be harmful; this is especially so when it is moderate and practiced at the best times according to Islamic guidelines and the body's natural need for it. It then contains such rest for the faculties and organs as to preserve their powers.

It has a great influence on the preservation of health. It is a spiritual and natural medicine. When the one fasting observes both the natural and legal conditions of fasting its benefit is great for heart and body." (Ibn Qayyim, *Al-Tibb al-Nabawi*, trans. pp. 238-9)

Many are the quotes extolling the benefits of fasting, from the Hadith to physicians. Here is a selected list:

"Make it a practice to fast; you will enjoy good health." (Tabraani, quoted by Imam Ghazali)

"I must say that fasting, when combined with a properly selected diet, is the nearest approach to a 'cure-all' that is possible to conceive." (John Tilden)

This 5000-year old practice has been used by hundreds of doctors around the world to eradicate high blood pressure, normalize body weight, lower LDL cholesterol, protect you against heart disease, and possibly combat some cancers. (Frederic Patenaude)

"Fasting is the greatest remedy; the physician within." (Philippus Paracelsus, one of the three fathers of Western medicine)

"The best of all medicines is resting and fasting." (Benjamin Franklin)

"I believe that fasting is the "missing link" in the Western diet." (Elson Haas, M.D., *Staying Healthy with Nutrition*)

H. Whiteman, in an article for Medical News Today, says that a number of medical studies have suggested intermittent fasting has numerous health benefits, including weight loss, lower blood pressure and reduced cholesterol.

1. HELPS WEIGHT LOSS

Fasting can be a safe way to lose weight as many studies have shown that intermittent fasting allows the body to burn through fat cells more effectively than just regular dieting.

Intermittent fasting allows the body to use fat as its primary source of energy instead of sugar. Many athletes now use fasting as means to hitting low body fat percentages for competitions. Since the body is unable to get its energy from food during fasting, it dips into glucose that is stored in the liver and muscles. This begins around 8 hours after the last meal is consumed. When the stored glucose has been used up, the body then begins to burn fat as a source of energy, which can result in weight loss.

2. IMPROVES INSULIN SENSITIVITY

Fasting has been shown to have a positive effect on insulin sensitivity, allowing you to tolerate carbohydrates (sugar) better than if you didn't fast.

According to Dr. Michael Mosley - author of The Fast Diet books – such an eating plan can not only help people lose weight, but it offers an array of other health benefits.

“Studies of intermittent fasting show that not only do people see improvements in blood pressure and their cholesterol levels, but also in their insulin sensitivity,” he adds. In June 2014, Medical News Today reported on a study suggesting periodic fasting may reduce the risk of diabetes among people at high risk for the condition.

What is more, the team found that cancer patients who fasted for 3 days prior to chemotherapy were protected against immune system

damage that can be caused by the treatment, which they attribute to immune cell regeneration.

3. SPEEDS UP METABOLISM

Intermittent fasting gives your digestive system a rest, and this can energise your metabolism to burn through calories more efficiently. Intermittent fasts can regulate your digestion and promote healthy bowel function, thus improving your metabolic function.

4. IMPROVES BRAIN FUNCTION

Fasting has shown to improve brain function, because it boosts the production of a protein called brain-derived neurotrophic factor (BDNF.) BDNF activates brain stem cells to convert into new neurons, and triggers numerous other chemicals that promote neural health. This protein also protects your brain cells from changes associated with Alzheimer's and Parkinson's disease. Dr. Razeen Mahroof, of the University of Oxford in the UK, explains that the use of fat for energy can help preserve muscle and reduce cholesterol levels.

“A detoxification process also occurs, because any toxins stored in the body's fat are dissolved and removed from the body,” he adds, noting that after a few days of fasting, higher levels of endorphins - “feel-good” hormones - are produced in the blood, which can have a positive impact on mental well-being.

5. IMPROVES IMMUNE SYSTEM

Intermittent fasting improves the immune system because it reduces free radical damage, regulates inflammatory conditions in the body and starves off cancer cell formation.

A study conducted by Dr. Valter Longo and colleagues from the University of Southern California found longer periods of fasting may even “reboot” the immune system, clearing out old immune cells and regenerating new ones - a process they say could protect against cell damage caused by factors such as aging and chemotherapy.

THE BEST OF ALL MEDICINES IS RESTING AND FASTING

Benjamin Franklin

“When you starve, the system tries to save energy, and one of the things it can do to save energy is to recycle a lot of the immune cells that are not needed, especially those that may be damaged,” Dr. Longo explains.

In a study, published in the journal Cell Stem Cell, a team found that repeated cycles of 2-4 days without food over a 6-month period destroyed the old and damaged immune cells in mice and generated new ones.

6. ENHANCES BODY'S RESISTANCE TO STRESS

Chronic stress has been associated with heart disease, premature aging, poor skin quality and more. Multiple studies have shown that using intermittent fasting helps to enhance the body's resistance to harmful stress. It helps to fight free radicals by improving the body's protective chemicals.

After fasting, the blood is filled with better levels of endorphins, which makes you more alert and provides you with a feeling of good mental health. Studies have also provided evidence of healthy aging of the brain, which is attributed to calorie restriction and intermittent fasting. The effects of fasting are considered similar to that of exercise.

With the potential health benefits of fasting widely hailed by nutritionists worldwide, it is no wonder many of us are putting our love of food to one side in order to give it a try.

✓ DUA ACTION PLAN

Here are some pointers on helping one's Dua be accepted:

1. Raising the Hands

The Prophet sallallahu alaihi wa sallam said: 'Your Lord, may He be blessed and exalted, is Kind and Most Generous, and He is too kind to let His slave, if he raises his hands to Him, bring them back empty.' (Abu Dawood, 1488)

'When you ask of Allah, ask of Him with the palms of your hands, not with the backs of them.' (Abu Dawood, 1486)

2. Praise Allah

Whilst the Prophet sallallahu alaihi wa sallam was sitting, a man came in and prayed and said, 'O Allah, forgive me and have mercy on me.' The Prophet sallallahu alaihi wa sallam said, 'You have been too hasty, O worshipper. When you have prayed and are sitting, praise Allah as He deserves to be praised, and send blessings upon me, then call upon Him.' (Tirmidhi, 3476)



According to another version: 'When one of you prays, let him start with praise of Allaah, then let him send blessings upon the Prophet sallallahu alaihi wa sallam, then let him ask whatever he likes after that.'

3. Blessings on the Prophet sallallahu alaihi wa sallam

The Prophet sallallahu alaihi wa sallam said: 'Every dua is kept back until you send blessings upon the Prophet sallallahu alaihi wa sallam.' (Tabarani, 1:220)

4. Be Confident

'Call upon Allah being certain of a response, and remember that Allah will not answer a dua that comes from a negligent and heedless heart.' (Tirmidhi, 3479)

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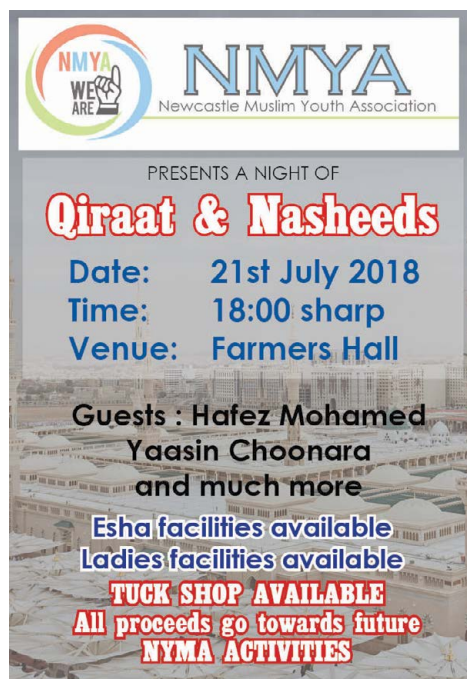
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EASTERN CAPE TOLL OF HUNGER...

A DYING SHAME

Since March last year, 342 children had been admitted to Dora Nginza Hospital with severe acute malnutrition, the Eastern Cape Department of Health said.

Over the same period, 20 children died in Nelson Mandela Bay, including four who were brought in from other towns but died within a day of being admitted to hospital.

A study by Nelson Mandela University's department of dietetics last year looked at the health of 1 562 children in the Motherwell and Ibhayi areas below the age of five.

They found that 17% of children younger than 24 months were stunted due to malnutrition, as were 10% of children between two and four and 16% of children between four and five.

"The average estimated financial cost per case is R65 826," he said. They are in hospital on average for 30 days.

In answer to a question in parliament, Health Minister Aaron Motsoaledi said they had seen **8 228 children aged under five in the Eastern Cape for malnutrition over the past three years**

10
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